

I claim:

1. An exercise aid comprises a wrist band, a timepiece and at least one exercise routine card, said wrist band having means for carrying said timepiece, means for carrying said exercise routine card and means for displaying said exercise routine card.

2. An exercise aid as in claim 1 wherein said wrist band is an elastic sleeve adapted to be telescopically received over the hand of an user and disposed about the wrist of said user.

3. An exercise aid as in claim 1 wherein said means for carrying said exercise card comprises a pocket affixed to a exterior surface of said wrist band.

4. An exercise aid as in claim 2 wherein said timepiece is removably affixed to an exterior surface of said elastic wrist band.

5. An exercise aid as in claim 3 wherein said means for carrying said timepiece is provided on said exterior surface of said wrist band substantially opposite said pocket wherein said means for carrying said exercise card is displayed toward an user of said exercise aid when said user's wrist is in a palm up orientation and said means for carrying said timepiece is displayed toward said user when said user's wrist is oriented palm down.

6. An exercise aid as in claim 4 wherein said means for carrying said timepiece comprises a hook portion of a hook and loop fastener affixed on one surface at opposed ends of a watch strap wherein said hook portion is pressed into engagement with said exterior surface of said wrist band.

7. An exercise aid as in claim 3 wherein said pocket has an opening on at least one marginal edge thereof for telescopically receiving said exercise routine card therein.

8. An exercise aid as in claim 7 wherein said pocket has a transparent covering on the exposed face thereof for viewing said exercise routine card therethrough.

9. An exercise aid as in claim 1 wherein said exercise routine card has one exercise routine displayed on one face thereof and another exercise routine displayed on the opposite face thereof.

10. In combination, a wrist strap, a timepiece, a data card and means for displaying said data card, said timepiece associated with said wrist strap, said means for displaying comprising a pocket associated with said wrist strap, said data card comprising at least one workout routine disposed on at least one side of said data card, said wristband having said pocket disposed thereon wherein said pocket is adapted to receive said at least one said data card telescopically therein, said pocket further having a display window arranged therein wherein one face of said at least one said data card is observable through said window.

11. A combination as in claim 10 wherein said one face of said data card has a specific weightlifting exercise routine printed thereon.

12. A combination as in claim 11 wherein said one said data card has identifying data for said specific weightlifting exercise routine printed on a face opposite said one face.

13. A combination as in claim 11 wherein said one said data card has the same specific weightlifting exercise routine printed on said one face and on said face opposite said one face.

14. A method for displaying a weightlifting workout comprising the steps of providing a portable apparatus having a pocket therein, providing a plurality of workout cards, providing a query instruction on an inside surface of said pocket, providing directions on said query instruction, providing a multiplicity of workout routines, providing query instructions on said multiplicity of workout routines wherein said pocket is adapted to receive at least one of said plurality of workout cards therein.

15. A method of displaying a weightlifting workout as in claim 14 wherein said query instruction is observable through a window disposed in one wall of said pocket.

16. A method of displaying a weightlifting workout as in claim 15 wherein said directions prompt a user to insert a first one of said workout cards in said pocket.

17. A method of displaying a weightlifting workout as in claim 16 wherein said first one of said workout cards directs said user to remove said first one of said workout cards at the completion of the workout routine displayed thereon and further directs said user to insert a second one of said workout cards in said pocket.

5 18. A method of displaying a weightlifting workout as in claim 16 wherein a first side of said first one of said workout cards directs said user to remove said first one of said workout cards at the completion of the workout routine displayed on said first side, directs said user to invert said first one of said workout cards and further directs said user to reinsert said inverted first one of said workout cards into said pocket thereby displaying a side opposite said first side.

19. A method of displaying a weightlifting workout as in claim 18 wherein said side opposite said first side of said first one of said workout cards has a continuation of said exercise routine disposed thereon.

20. A method of displaying a weightlifting workout as in claim 18 wherein said side opposite said first side of said first one of said workout cards has another exercise routine disposed thereon.